

Serving your personal journey toward enlightenment...

Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy! You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to rmeagher@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Excitement As A Practice For Staying In The Moment

I am blessed to be joyfully engaged in several endeavors in my life. One of these joyful endeavors is running an e-commerce store that sells all-natural personal care products. November 1st will be the 1-year anniversary of this e-commerce store and I am offering a big sale—25% off all products.

Preparing for this sale has been a significant undertaking. I have been preparing myself for this big sale for many weeks. My checklist of things to do is 3 pages long!

As the day draws near, I am excited! November 1st will be the first, big sale of its kind for the e-commerce store. The sale will be a very informative experience from a merchandising point of view. The results of the day will provide valuable feedback and information to guide store operations in the future.

Each week, for the past 4-6 weeks, as I completed my 'to do' list for the big sale, I've been gifted with the opportunity to practice staying in the 'now.' The past two weeks, in particular, have intensified the practice of 'now.' It's so easy to lose sight / touch of the now...to slip into the future and 'the day' I've been preparing for.

With each passing day and flurry of activity, I'm acutely aware that the sale day will come and go. It too shall pass. The big sale day will, perhaps, be the most intense opportunity to practice staying in the moment. I anticipate an unprecedented level of inquiries and sales (for a single day). I anticipate a very busy day, if not days, of filling orders and responding to customer inquiries.

I stated earlier that I am excited about the big sale day. And what a blessing this excitement is. While I am excited about the sale day itself, I'm more excited about practicing staying in the moment. How well will I do? Where will the practice take me? What will I learn about myself? Perhaps I'll share an epilogue in next month's message. In the meantime, let me get back to my practice of staying in the now.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Talking in the Night

In the middle of the night,
I cried out,

“Who lives in this love

I have?”

You said, “I do, but I’m not here
alone. Why are these other images
with me?”

I said, “They are reflections of you,
just as the beautiful inhabitants of Chigil
in Turkestan resemble each other.”

You said, “But who is this other *living*
being?”

“That is my wounded soul.”

Then I brought that soul
to you as a prisoner.

“This one is dangerous,”

I said. “Don’t let him off easy.”

You winked and gave me one end
of a delicate thread.

“Pull it tight,
but don’t break it.”

I reached my hand
to touch you. You struck it down.

“Why are you so harsh with me?”

“For good reason. But certainly not
to keep you away! Whoever enters this place
saying *Here I am* must be slapped.

This is not a pen for sheep.

There are no separating distances here.
This is love’s sanctuary.

Saladin is how the soul looks. Rub your eyes,
and look again with love at love.”

Jelaluddin Rumi

3. Quote or Question

You give but little when you give of your possessions. It is when you give of yourself that you truly give.

~Kahlil Gibran ~

CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).

4. Regiena Heringa – The Coming Together of the Families of Light

There is a natural pull of all good things to come together in a stable and lasting fashion.

We see confusion in this world as it is pushed back and forth and pulled up and down. Chaos, by its very nature, cannot create harmony. It eventually crumbles and falls because it cannot lift itself up to the noble environments of love, peace and good will.

There are a great number of inhabitants upon this good earth who are awakening and who are awakened to the destiny of this planet which is expanded consciousness, loving kindness and all-embracing understanding. These souls of Light, in physical bodies, encircle this globe hand in hand, mind in mind and heart in heart. These are the families of Light to which we belong. Observing this transformation of humankind, many elevated beings of other dimensions and worlds are becoming increasingly present. You may see them and/or feel their radiance. They send forth love, strength and encouragement. They ask us to gather.

We are witnessing a remarkable event: the coming together of worlds of Light. What does this mean for us?

We have begun to understand that we have always been accompanied, encouraged and cherished by other beings of exquisite vibration. With our permission, they link into our hearts and minds and we surrender to this. We are experiencing the coming together of like minds and hearts to create an environment of high frequency based on pure Love, which, in turn, begins to demonstrate what we perceive as miracles.

We are asked to consider the following: are we ready to completely surrender to the language of our souls? This is to say, will we consciously keep our hearts and minds at all times on this great inner Spirit that holds us in Light? If so, we are both creating and living in this new world.

The bee has its flower, the bird has its nest, the fish its water and we have this marvellous Divine Light within our souls.

Let's play. Close your eyes, open your heart and allow peace and joy to flood in. Feel reverence for all life. Now allow images or feelings to come to you of people or events or Light itself, that radiate this peace, joy and reverence. Notice that with each image and feeling you create an inner, happy environment that is a reflection of your soul's Light.

Realizing we are Light, we awaken to a higher frequency and we become increasingly attracted to people and situations that inspire us and remind us of our divine origins. We intentionally gravitate towards families of Light, be they local, planetary, universal or cosmic. We deliberately choose to expand and deepen our connection to this marvellous vibratory pattern of boundless Love which moves through all barriers of time and space. Here we consciously join countless families of Light from our Earth and from other dimensions and

worlds. Here we know that, as wonderfully awakened souls, we are playing a crucial role in this sacred and historical moment.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at www.nextagemission.com or write Regiena at rheringa@bell.net.

5. Steve Dolesch – Dwell On It

Again, my little sister is illuminating my inspiration. Here's the thing: "it's been a hard day for me. I'm not dwelling on mother dying, too much, just getting on with it, the boys don't care, so I've been doing a lot of sorting the kitchen out. Lol."

"Good that you don't dwell on it. I mean I don't." I say.

"Why would you dwell on it, you didn't know her." Says she.

"Ah. I don't dwell on any passing aways, petite. I say to you petite, I have known beings very close to my heart but when, one in particular, named Lucie, I met when living in Montreal, passed into the realm of peace years later and when I got the news of her 'moving up', I said "I love you, Lucie." You see, Lucie means light. So, why should and would I dwell on her premature passing away when she is always around me, or rather, her soul? I have a fond memory of her alive and we communicated telepathically most often! She is one who lights up my heart! Ha! Dwell means live in or at a specified place. So, petite, dwell only in your home where you live. Again, I see a text. Dwell in peace petite." I say.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Steve Dolesch was born in Budapest, Hungary, in 1955. Born with Cerebral Palsy, Steve lived with his grandparents while his parents immigrated to Canada. Steve came to Canada in 1965, to live with his parents and sister, in Toronto. Today, Steve lives in Gatineau, Quebec. He can be reached at stevedolesch@gmail.com.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

What can salmon teach us about sustainability in a complex environment? Marine biologist Alexandra Morton shares startling new research that lets us decode the information stored in a salmon's immune system. The data reveals where we're harming the fish, the ocean, and ourselves -- ultimately revealing lessons for how humans can thrive on this planet without destroying it. <https://www.karmatube.org/videos.php?id=8592> **Be The Change:** Listen to the wisdom the natural world is sharing about how to thrive as part of the environment you live in.

"How are you?' Back before the pandemic, when you and I would greet other people by asking this question, we usually didn't expect or desire a real answer. If we got one, it had better be brief, and not too grim or involved. We weren't up for longwinded or dreary responses. That's not how the game was played. The pandemic might have altered our customary 'How are you?' a bit. It might have made them less superficial, and more sincere. Those three words definitely mean more to me now than they used to. How about you?" Phyllis Cole Dai shares more in this thoughtful piece. <https://www.dailygood.org/story/2807/how-do-you-be-phyllis-cole-dai/> **Be The Change:** "How do you be?" Consider the question for yourself, in the light of Phyllis Cole-Dai's post. For more inspiration, join a 21-Day Interfaith Compassion Challenge that starts this weekend. More details here. <https://pod.servicespace.org/apply/interfaith>

"In my thirty years of working with cancer patients, I've seen a profound distinction between curing and healing. Curing is what a physician seeks to offer you. Healing, however, comes from within us. It's what *we* bring to the table. Healing can be described as a physical, emotional, mental and spiritual process of coming home." The founder of Commonweal, Dr. Michael Learner shares more. <https://www.awakin.org/read/view.php?tid=1066> **Be The Change:** "Already Free" is a new documentary that traces the transformative healing journeys of two individuals through the practice of a particular form of Qi Gong. You can watch it here. <https://www.alreadyfreefilm.org/>

"One of the primary reasons in the West is because we've privatized it. If we don't have a community to witness the process as so many cultures before us did, we risk falling into depression or despair. If we don't grieve enough, we risk suppressing the grief. According to Francis Weller, suppression risks health problems or volatile emotions like anger." In this thoughtful essay Cynthia Li differentiates between pain and grief, and shares two simple rituals to release grief and welcome joy. <https://www.dailygood.org/story/2799/two-simple-ways-to-release-grief-cynthia-li/>

"When we isolate our tension and explore the feeling of space, or energy, then at some point, we reach the edge of our comfort zone. At the edge of our comfort zone, we have the possibility to change... In the process of change, the whole body starts to open up -- it starts to express itself as a whole. When we make a decision to step into the wholeness of the body, then conflict will dissolve in the experience of the wholeness. That's an analogy of the world -- if you see the wholeness of the world, the local conflict will dissolve in it." Gert van Leeuwen, the founder of Critical Alignment Yoga shares more in this post. <https://www.dailygood.org/story/2812/at-the-edge-of-our-comfort-zone-is-the-possibility-of-change-awakin-call-editors/>

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"When was the last time you were completely and joyfully astonished? What was your last amazing surprise? How often do you feel filled to the brim with "yes?" In the midst of a growing tide of chaos and anxiety, many of us retreat into the comfort of predictability. Routines turn into ruts. The miracles of our days pass by uncherished. Surprise rarely pays us a call. Or if it does, we don't bother to answer the door." In this beautiful post and accompanying music video, singer and voice coach Barbara McAfee shares the transformative spirit of Yes. <https://www.dailygood.org/story/2818/the-spirit-of-yes-barbara-mcafee/>

Is it any coincidence that when a friend or loved one does something nice for us, we feel "touched"? As John Tuite, founder of The Centre for Embodied Wisdom, tells us, "We mistakenly think that touch occurs on the periphery of our self, a skin thing." But as he shares, touch is a crucial piece of our health and development, and one we all too often go without as we get older. <https://www.dailygood.org/story/983/touch-as-nutrition-by-john-tuite-kindness-blog/>

"The Realization Process is a way of uncovering an experience of this very subtle consciousness that we actually can experience pervading our whole body. We experience that and we transcend that individuality at the same time. We experience oneness, this ground of being, pervading our own body, and everything around us. So, in other words, our consciousness becomes subtle enough to pervade all of the content of our experience. And it pervades inside and out. And in doing that, it reveals and helps us access and release the psychologically-based constrictions, the trauma-based constrictions in our body. In doing that it helps get to the core of our being, to the source of our love, to our greatest openness of emotional responsiveness, our greatest fluidity of our thoughts, and so forth. This consciousness is a disentangled aspect of ourselves. So, when we know ourselves as fundamental consciousness, all of the contents of experience move more fluidly." Judith Blackstone, founder of the Realization Process and author of "Trauma and the Unbound Body shares more in this interview. <https://www.dailygood.org/story/2816/inhabiting-the-ground-of-being-awakin-call-editors/>

Alice Fox manages a plot of land that provides her with food for her body, materials for her art, and sustenance for her spirit. Sustainability underpins all of her work. She looks closely at everything she finds on this plot of land, engaging with it, finding ways to utilize it or at the very least to appreciate it. By noticing the detail in everything she discerns the possibilities it offers. This personal engagement with her surroundings and the art she creates from them are a celebration of the natural world in which she finds herself.

<https://www.karmatube.org/videos.php?id=8848> **Be The Change:** Take a leisurely walk in your community, noticing details that you may have missed. Are there things being discarded that have potential for use if you see them with new eyes?

7. Difference Between Healing and Curing

Reprinted from www.awakin.org.

Have you ever considered if there was a difference between curing and healing? In this article, Michael Lerner shares his view on the profound distinction between the two. Read more at...

<https://www.awakin.org/read/view.php?tid=1066>

8. Mother Trees In A Wood Wide Web

Reprinted from www.awakin.org.

I trust you have heard of the World Wide Web (WWW). But have you heard of the Wood Wide Web? Suzanne Simard uses this clever play on words to share how trees communicate with other trees in the forest, and with us. Read more at...

<https://www.awakin.org/read/view.php?tid=2518>

9. Accept What Is, Lead To Improve

Reprinted from www.awakin.org.

Marc Lesser masterfully blends the teachings and importance of accepting what is to realize effective management in the face of a changing world. Read more at... <https://www.awakin.org/read/view.php?tid=2375>.

10. The Balancing Force

Reprinted from www.awakin.org.

Have you ever wondered what keeps all of existence in balance? It's something called 'sattva' according to Swami Krishnananda. Read more at... <https://www.awakin.org/read/view.php?tid=2519>

11. Self-Compassion Over Self-Esteem

Reprinted from www.awakin.org.

In this majestic article, Kristin Neff shared the critical difference between self-esteem and self-compassion. The distinction has profound consequences and impact for society at large. Read more at...

<https://www.awakin.org/read/view.php?tid=2517>

12. What Humans Can Learn from the Wisdom of Salmon

Reprinted from www.KarmaTube.org.

What can salmon teach us about sustainability in a complex environment? Marine biologist Alexandra Morton shares startling new research that lets us decode the information stored in a salmon's immune system. The data reveals where we're harming the fish, the ocean, and ourselves – ultimately revealing lessons for how humans can thrive on this planet without destroying it. <https://www.karmatube.org/videos.php?id=8592>

13. Blessings

Reprinted from www.KarmaTube.org.

David Whyte's "Blessing" poems are interpreted through a visual journey across the Irish landscape in this short film by Emmy-winning filmmaker Andrew Hinton. Musician and composer Owen Ó Súilleabháin, who has collaborated with David Whyte for over a decade, offers a reflection on the music that inspired the creation of this short film. <https://vimeo.com/470761462>

14. The Art of Engagement

Reprinted from www.KarmaTube.org.

Alice Fox manages a plot of land that provides her with food for her body, materials for her art, and sustenance for her spirit. Sustainability underpins all of her work. She looks closely at everything she finds on this plot of land, engaging with it, finding ways to utilize it or at the very least to appreciate it. By noticing the detail in everything she discerns the possibilities it offers. This personal engagement with her surroundings and the art she creates from them are a celebration of the natural world in which she finds herself. <https://www.karmatube.org/videos.php?id=8848>

15. A Better Place – Playing for Change

Reprinted from www.KarmaTube.org.

Musicians from around the world come together in song to speak up for equality and social justice. Whether they are performing from backyards, city street corners, by the oceanside, or in a park, they all give voice to the rights of people everywhere to live in freedom, dignity and peace. "If you feel it, through the music, we can make this world a better place." <https://www.karmatube.org/videos.php?id=8852>

HEART AND SOUL ADVERTISEMENTS:

Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to rmeagher@servingyourjourney.com by the 25th of the month, for distribution in the following month's e-newsletter.

16. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Skype. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email (rmeagher@servingyourjourney.com).

17. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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